

USAF Academy

SAFETY 101

Critical Days of Summer
2001

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DEPARTMENT OF THE AIR FORCE

HEADQUARTERS UNITED STATES AIR FORCE ACADEMY

USAF ACADEMY, COLORADO

7 May 01

MEMORANDUM FOR ALL PERSONNEL

FROM: HQ USAFA/SE

SUBJECT: 2001 "101 Critical Days of Summer"

1. The "101 Critical Days of Summer" is rapidly approaching. This campaign begins on Memorial Day and ends on Labor Day. This is the period of time when we hit the road for the annual family vacation, take part in outdoors activities or if all else fails, stay home and do some home improvements. It also means making up for those promises we did not keep last summer to do something different.
2. Summer means many things to us, but for our cadets, it means going home and spending some quality time with family and friends. It means taking a well-deserved break from all the academic and military training they endured here at the Academy. For everyone, it means having fun.
3. The summer offers many activities we've been waiting for. Many of these activities we will be engaging in for the first time. Many we've participated in for years. Whether you're a novice or experienced in a certain activity, we must always keep our guard up. It's those few things that we don't expect, consider or pay attention to that poses a threat to having a good time. So have fun, but keep safety firmly in mind.
4. We in the safety office strive to ensure that each individual is provided with a safe working environment. We would like to extend this commitment by identifying and providing safety tips on off-duty activities that we may participate in. We hope you find the following information helpful in preparing and enjoying your summer activity. Fun is exactly what we all want you to have, but doing it safely and returning back to the Academy safe is what we expect and what counts.

//signed//

WILLIAM A. TURNER, Lt Col, USAF
Director of Safety

Planning Your Trip

Think ahead about where you'll be going and what you'll be doing. If you're planning a vacation in a warm climate, be sure to pack sunscreen, loose-fitting, lightweight clothing, sun hats, sunglasses, and a cooler or jug for carrying cool liquids. Build up your exposure to the sun gradually. 15 minutes the first day, 20 minutes the second day, 25 minutes the third day, and so on.

If you will be boating, swimming, water skiing, or enjoying other water sports, make sure that all family members can *swim* before allowing them to participate in those activities.

Securing Your Home

Before leaving on vacation, make sure that your home is secured. This checklist can help you prepare for your departure.

- ✓ Are all electrical appliances (except your refrigerator) unplugged?
- ✓ Are gas pilots and water faucets turned off?
- ✓ Are windows and doors securely locked?
- ✓ Have you arranged for someone to pick up your mail and newspaper?
- ✓ Have you notified friends, relatives, or neighbors where you'll be and how you can be reached?

- ✓ Have you set a timer to turn lights on and off, or asked someone to do it for you?

Safety Sense

In addition to these tips, your most important tool for having a safe vacation is your own common sense. When staying in unfamiliar surroundings, always check for fire exits, alarms, and escape routes. Wherever you go, be sure to bring along your family's medical information/insurance, ID card, immunization records, medical history, and prescription medications in the event one of you should become ill. Never leave small children unattended. Bring along a first-aid kit and familiarize yourself with its contents. When you use your **safety sense**, you'll be able to relax and enjoy a safe and fun vacation.



Vacation Traveling

Before traveling to your vacation destination this summer, make sure your vehicle is in tip-top shape and you are familiar with road travel hazards. Follow these tips for a smooth drive down the highway.

- ✓ Keep your vehicle in good operating condition.
- ✓ Anticipate heavy traffic flow and allow plenty of time to reach your destination.
- ✓ Avoid driving long hours and traveling at excessive speeds.
- ✓ When towing a trailer or boat, make sure the hitch is secure and strong enough for the job.
- ✓ Ensure all lights are operating properly.
- ✓ In an emergency, pull off the road and turn on the flashers or place reflective markers behind your vehicle.
- ✓ Observe all traffic laws.
- ✓ Beware of weather and traffic conditions that could affect road safety.
- ✓ **DON'T DRINK AND DRIVE!**
- ✓ **WEAR YOUR SEATBELTS.**

hands and splashing cold water on your face and wrists.

- Heavy meals can make you drowsy, so opt for a number of light snacks.
- Bring someone along for company and conversation. If you must travel alone, keep occupied by singing, whistling or talking to yourself.
- Listen to lively music on the radio. Slower, subdued music won't help and may even lull you to sleep.
- Don't drive near large trucks for any length of time. The noises they make are loud and monotonous.
- Keep the air in the car cool and circulating. Warm, stale air can make you drowsy, and cigarette smoke reduces the oxygen level inside the car.
- Don't become too comfortable or inactive. Vary speed, change seating position, open and close windows and take deep breaths from time to time.

Finally, at the first sign of drowsiness, take a break and don't start up again until you feel alert. Knowing when to stop may be the most important driving skill you'll ever acquire.

Long Distance Driving

When you drive long distances, don't let fatigue or boredom cause an accident. Get enough sleep before you start a long trip and try to limit your trips to a maximum of 6 to 8 hours of driving a day. Here are some tips to help prevent or counteract fatigue that comes with the boredom of highway driving:

- Make rest stops every 90 minutes.
- Never drive for more than 2 ½ hours or about 150 miles without a break.
- During rest stops, get blood circulating by fast walking, stretching, exercising





AAA Summer Rain Storm Driving Tips

Summer rainstorms can quickly reduce visibility and create dangerous driving conditions. In stormy conditions, it is more difficult to see other vehicles, road signs and the road itself. It is critical that motorists take steps so they can see and be seen.

Drivers should regularly clean their windshield and windows, on both the inside and outside. Drivers who smoke should take extra care to make sure their interior windows are clear of smoke residue.

AAA suggests that motorists regularly check that headlights, taillights, brake lights and turn signals are working properly.

As soon as rain begins, AAA recommends drivers turn on headlights and windshield wipers. Many states require headlights to be turned on when it is raining or if the visibility is reduced to less than 500 feet.

When visibility is so limited that the edges of the road or other vehicles cannot be seen at a safe distance, it is time to pull over and wait for the rain to ease up. It is best to stop at a rest area or other protected areas. If the roadside is your only option, AAA recommends pulling off as far as possible, preferably past the end of a guardrail. Keep headlights on and turn on emergency flashers to alert other drivers.

In addition to reducing visibility, rain creates slippery road conditions that require motorists to use extra caution. Slow down and increase the distance between your vehicle and the one in front of you.

TRAVEL EMERGENCIES

Every summer, travelers take to the roads for vacations across the country. Unfortunately, many will experience breakdowns during their trips.

Vacation preparations start with an automotive checkup. Be sure to include your tires, a functional spare and the tools to change it. If you have an emergency, carefully work your way to the side of the road at the first sign of trouble. If you are on an interstate, try to reach an exit. If you must change a flat tire, make sure it can be done without being too close to traffic.

Place flares, warning flags or reflectorized triangles behind your vehicle to warn other motorists of your presence. Turn on your emergency flashers.

If you need help, call from a cell phone. Do not try to walk for help, and do not flag down other motorists. If you do not have a phone, wait inside your locked car for a police officer. Highways are regularly traveled by law enforcement officers who will assist you. If someone stops and offers help, ask them to call the highway patrol or local police.



Share The Road Safely with Large Trucks

Motorists traveling this summer should remember that special precautions are needed to safely share the road with large trucks that also use the nation's highways.

There are more than 250,000 crashes annually involving at least one passenger vehicle and one large truck. In more than 70 percent of all fatal crashes involving autos and big trucks, police report that the auto driver contributed to the crash.

While truck operators have an important obligation to operate their vehicle in a safe manner, passenger car drivers are often in a position to avoid dangerous situations. It's in everyone's interest for motorists to share the road safely.

One key to driving safely near large truck is to avoid the "No-Zones" -- areas around trucks and buses where crashes are more likely to occur. Some No-Zones are blind spots or areas around trucks and buses where your car "disappears" from the view of the driver. There are No-Zones to the side, rear and in front of trucks.

To avoid danger in the rear No-Zone, don't tailgate. Always travel several car lengths behind a truck. To stay out of a truck's large side blind spots, make sure you can see the truck driver's face in the side mirrors. If you can't see his face, he can't see you.

Exercise extreme caution when passing a truck. Trucks take twice as long to stop. When passing a truck, don't get back into the truck's lane until you can see the whole cab of the truck in your rear view mirror.

Trucks also sometimes need to swing wide to the right to safely make a right turn. Never cut between a turning truck and the right curb or shoulder.



MOTORCYCLE SAFETY

- *National Highway Traffic Safety Administration*

Sharing the road with cars and trucks is what every motorcyclist has to do. Always remember that you are not the only one on the road. The more attention you pay to traffic situations, the better your chances of avoiding a mishap.

If you are riding with other cyclists, you should ride in a staggered formation. However, remember it is best to move into single file when taking corners, making turns or entering or leaving the highway. Always ensure you stay out of vehicle operators "blind spots".

Intersections can pose a problem for motorcyclists. Parked and stopped cars can hide the motorcyclist from the view of the other vehicles. Always ride or position yourself in the lane that gives you the best position to see and be seen. Never count on "eye contact" with the other driver as a way of being seen. Many times motorists seem to be looking at you when in reality they really do not see you at all.

Keep a safe distance when following other vehicles. Maintain a safe speed consistent with driving conditions and your capabilities. Gravel on the road and slippery road surfaces can be hazardous. Avoid sudden braking or turning.

Riding at night can pose more hazards for riders. Be sure not to "override" your headlight. Remember that it is harder to judge distances at night. Give

yourself more room when following other vehicles. Use your high beams whenever possible, except when meeting or following another vehicle.

Alcohol and motorcycles do not mix. According to statistics of motorcyclists killed in accidents involving alcohol, one in four were NOT over the legal limit.

Remember, choosing the way you ride can make the difference between life and death.



SWIMMING

Most drowning occurs within 10 yards of shore. Learning to swim and understanding water hazards can increase your chances of survival. Here are some tips.

- ☒ Never swim alone. Swim with a friend at all times.
- ☒ Swim at a safe place, preferably one with lifeguards.
- ☒ Don't swim when overheated, tired, chilled or in storms.
- ☒ Don't dive into unfamiliar waters.
- ☒ Learn basic water rescue and water survival techniques to assist drowning victims and to protect yourself.
- ☒ Learn CPR to know what to do after pulling a drowning victim from the water.
- ☒ Remember that alcohol does not mix with swimming.
- ☒ Most importantly, know your ability.

Rescue Techniques

The Red Cross creed for lifesaving has four steps you should follow in sequential order: **reach, throw, row, and go**. Do not try the next step until you are sure that the previous step will not work.

☞ First try to reach the person. Use your hand, or anything else that can be held onto, such as a jacket, a belt, a rope, an oar or a fishing pole.

☞ Second, throw something to the person that will float such as plastic bottle, beach toy, spare tire, ball, picnic cooler, or a piece of wood.

☞ Third, if the victim is too far away, then you will have to go to the individual by using a log, an air mattress, a surfboard, a small boat, a raft, or anything else that you can row or paddle with your hands.

☞ Fourth, swim out and tow the victim to shore, but try this only if you are a good swimmer and trained in life saving techniques.

All The Wet Things



Skin & Scuba Diving

- ⚡ Remain physically qualified for diving by having a physical examination regularly.
- ⚡ Obtain certified training from a recognized agency.
- ⚡ Don't eat or drink immediately prior to diving.
- ⚡ Plan each dive and dive only when conditions are right.
- ⚡ Never dive alone, always dive with a friend.
- ⚡ Always have a float available for rescue or self-rescue.
- ⚡ Use properly adjusted equipment as required by current conditions.
- ⚡ Establish a system of communication with other divers.
- ⚡ Never dive when suffering from a sore throat, a cold, or when otherwise feeling ill or very tired.
- ⚡ Never wear goggles or earplugs when diving.
- ⚡ When diving is necessary during adverse conditions, use a lifeline or buddy line.
- ⚡ Descend at a rate that permits equalization of pressure in ear and sinus spaces. If pain is experienced in the ears, stop the decent, ascend a few feet and clear by swallowing and holding the mask against the face tightly, while exhaling through the nose.
- ⚡ Practice moderation in speed of swimming, depth and time in the water. Always keep breathing normally while underwater, particularly while ascending.
- ⚡ Never ascend faster than 60 feet per minute. A safe rule of thumb is never ascending faster than the slowest bubbles.
- ⚡ Surface carefully to avoid coming up under a boat or other object.

Water Skiing

Do's:

- ❑ Know how to swim and always wear a personal flotation device (PFD)

- ❑ Have two people in the boat – one to drive and one to watch the skier
- ❑ Stay away from solid objects such as docks, boats, stumps etc.
- ❑ Run parallel to shore and come in slowly when landing
- ❑ Stay away from fishers, divers, swimmers, etc.
- ❑ If you fall, clasp both hands overhead to signal your O.K.
- ❑ Hold up ski after falling in crowded boating areas

Don'ts:

- ❑ Don't ski in shallow water
- ❑ Don't wrap rope around any part of your body
- ❑ Don't ski at night
- ❑ Don't ski in front of another boat
- ❑ Don't tell boat to "GO" till rope is taut
- ❑ Don't overdo it and become tired
- ❑ Don't jump from the boat while it is moving



Swimming Pool Safety

Experience has taught us that there are several hazards associated with swimming pools. Such as slipping on walkways, decks, and diving boards or ladders. Striking the bottom or sides of the pool because of insufficient depth for diving or sliding. Drowning when swimming alone and without adult supervision.

- ◆ Always have competent adult supervision while children use the pool.
- ◆ Never swim alone.
- ◆ Ensure diving board height is sufficient for the depth of the pool.
- ◆ When diving, go straight off the end of the board, not the side.
- ◆ Place a safety float line where the bottom slope begins to deepen (about the four-foot level).
- ◆ Don't swim after drinking, eating heavily, or taking drugs and other medications.
- ◆ Keep all electrical appliances, such as radios, away from the pool because of the potential shock hazard.
- ◆ Don't show off by swimming long distances underwater.
- ◆ Learn to swim well.
- ◆ Alcohol and swimming don't mix.

River Survival Tips

- ✓ Secure all gear so there is no danger of becoming entangled should you capsize.
- ✓ Pull ashore and then walk ahead to examine all rapids and danger spots. If in doubt, portage the craft around the trouble spot.

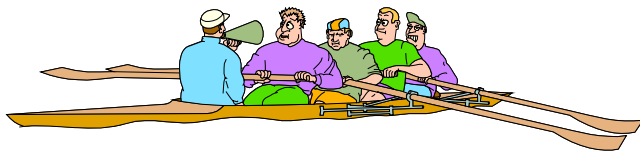
- ✓ Steer clear of overhanging trees, logjams, brush piles and other obstacles that water flows through rather than around. The force of the current could pin you against them, possibly under water.
- ✓ Avoid dams and weirs, they generate recirculating currents that could trap you under water.
- ✓ Once overturned, stay upstream, go feet first to fend off rocks and to protect your head from injury. Go with the flow, do not fight the current. This will only cause you to tire faster.
- ✓ Remember the current is faster on the outside of a river bend.
- ✓ A "V" in the water pointing upstream indicates a rock, while downstream "V" shows a gap between rocks.
- ✓ Always wear an approved personal flotation device (PFD) while on the water. Protective headgear should also be worn.
- ✓ There is safety in numbers – always travel in groups of two or more watercraft.
- ✓ Currents are deceptively strong, so be wary of walking or swimming across a river.

Kayaking

Kayaking can be enjoyed on leisurely meandering flat water, out in the open sea, or on powerful whitewater rapids. Before taking on your kayaking adventure, it is wise to learn some kayaking skills and techniques from a professional instructor. Doing so could save you from a needless mishap.

- Always wear a life jacket
- Wear a helmet on whitewater
- Wear sturdy footwear and carry spare warm clothes in a waterproof bag
- Know how to rescue yourself if you capsize

- Fill all spare room in the kayak with buoyancy bags



- Never paddle alone
- Check out the river in advance. Find out where you can put your kayak in and how difficult the paddling will be.
- Learn first-aid and resuscitation techniques

Kayaking always involves some risk. To participate safely, you must be a good swimmer. Make sure you know the safety rules and can perform self-rescue techniques before you go on any trip.

Canoeing Safety

The canoeing experience can provide unlimited satisfaction, paddling along peaceful waterways viewing spectacular scenery. Whether canoeing solo or tandem, learning basic principles, strokes, and maneuvers will give you confidence and enable you to explore other types of paddle sports.

When beginning canoeing, it is wise to learn with the support of a group. Do not paddle alone. Responsible instruction builds safety and rescue skills as well as good canoeing technique.

Canoeing accidents have resulted from not wearing a personal flotation device (PFD), alcohol consumption, cold water, and inexperience. Whenever you take a canoeing trip, follow these safety tips.

- ★ Don't choose rivers beyond your ability
- ★ Choose your route wisely; try shorter distances first
- ★ Be respectful of private property

- ★ Dress properly for the activity and the weather
- ★ Wear a properly fitting personal flotation device (PFD)
- ★ Be properly outfitted with equipment in good repair
- ★ Do not consume alcohol or drugs
- ★ Establish organizational guidelines for the tour
- ★ Establish a reasonable schedule and stick to it
- ★ Dress for the water temperature, not the air temperature
- ★ Anticipate the impact of other boats, other canoeists, changing weather conditions, and motorized boats



In-line Skating

In-line Skating

In-line skating has taken off in great strides over the years, becoming one of the most easily accessible and fun activities for the beginner and the experienced skater. Being prepared physically and choosing the right equipment will make your in-line skating safer and lessen the chance of personal injury. Neglecting a proper stretch and warm-up routine is a frequent cause of preventable injuries. Stretching using proper technique reduces muscle tension, increases the range of motion, and prevents injury. A strong, stretched muscle resists the stress of a fall better than a strong, tight muscle does.

Protective Gear

You can prevent or lessen your injuries if you fall by wearing the appropriate personal protective equipment (PPE).

- Wrist guards
- Knee pads & Elbow pads
- Helmet

Rules Of the Road

Become aware of your local skating laws. Every community has different laws and ordinances.

Passing

When passing, announce your intentions either visually or vocally. When passing someone head-on, you will generally stay to the right. Call out or lift your arm well in advance of your point of passage. If you are passing someone from the rear, call out with a firm, "On your left!"

Night Skating

If you are going to skate at night, select your course during the daylight and inspect it. At night, many hazards are concealed. Make note of construction areas, dips in the road, blind spots, and dangerous neighborhoods. Make yourself visible at night by applying reflective material to your clothing. Place reflectors on the heels of your skates, your back, and your helmet. Avoid night skating if possible.

Injuries

Falls are common. When you fall to the ground, your wrists, shoulders, tailbone, elbows, knees, and head are the most common areas to make contact. These are the areas you want to guard with protective gear. The proper way to fall when skating is to relax, lower your center of gravity, by bending at the waist, and fall forward. Guide the impact toward your protected areas beginning with the wrists, elbows, and knees, in that order.





Summer fishing is soon to be in full swing. To help you land the big catch of the day, consider these safety tips.

- ❖ All fishermen should know how to swim, know how to give first aid, and remember to carry a first-aid kit when on fishing trips.
- ❖ Fishing enthusiasts should listen to weather forecasts before leaving on a fishing trip. This will ensure you are better prepared if the weather should suddenly change.
- ❖ Fishhooks can catch anglers as well as fish, so carry needle nose pliers, wire cutters, and a pocketknife in your tackle box. Always keep fish hooks in covered containers.
- ❖ When casting, make certain there is room to cast without hooking someone else. Always look before casting and use an overhead cast while in a boat with others.
- ❖ If you choose to go fishing on your own, leave word where you'll be and when you plan to return. It is always safer to fish with a partner. If a mishap

occurs, then your partner can go for help.

- ❖ Never go fishing in water where there are swimmers, water skiers, and skin and scuba divers.
- ❖ Along the shore, wade cautiously to avoid slipping on hidden rocks or stepping unexpectedly into deep water.
- ❖ Learn to hold a fish properly while extracting the hook. Many species of fish have sharp teeth or fins that can cause painful hand wounds.
- ❖ If you snag yourself deeply with a hook, cut off the line, bandage the wound, and go immediately to the nearest doctor or hospital.
- ❖ Do not consume alcohol or other drugs.



Yearning for Yard Work this Summer?

Green lawns, brightly colored flowers and garden-fresh fruits and vegetables - a backyard bonanza in full bloom and the envy of every gardener on the block.

There are many hazards associated with yard work and gardening. Think small. Don't try to tackle more than you can handle.

Dress for safety. Wear comfortable well fitting clothing. No loose garments or dangling jewelry to tangle with power equipment.

Sturdy, heavy-soled shoes can protect your feet. Safety shoes are even better because their metal toecaps can cushion the blow of a heavy object dropped on your foot.

Work gloves protect your hands from scratches, cuts, blisters and irritations caused by chemicals.

Safety glasses can protect your eyes from harm when you mow, edge, trim trees, chip patio stones or use chemical sprays.

Pesticides and herbicides can be toxic. Always stay upwind of the area being sprayed. Don't smoke or eat until you have washed thoroughly.

Garden tools should be well design, sturdy and kept in good condition with cutting edges sharp. Lubricate rolling equipment for easy pushing. Use the right tool for the job.

Electrical tools like trimmers and edger can make your work easier, but it's also easier to nip a finger or get into trouble with electricity. Extension cords must be the outdoor and heavy-duty type.

Cords should be protected from damage and never yanked on to disconnect them.

When a power tool jams or won't start, unplug the power cord before you try to free the jam or find the trouble.

Lawn Cutting Tips

Before beginning your grass cutting chore this summer, take a few moments to review some mowing safety tips.

Ensure that cutting equipment is in good operating condition and has the proper machine guards.

Clear area to be mowed of stones and other debris.

Wear eye protection (goggles, or safety glasses with side shields or face shield) when operating power mower when there is danger from flying rocks, dirt, etc.

Wear appropriate hearing protection if equipment has been identified as producing hazardous noise levels or for personal comfort.

Never clean, adjust or leave the machine without stopping the motor. Injuries often occur when operators attempt to clean or adjust the machine while the motor is running.



Barbecue Cookouts

Cooking outdoors -- in parks, campgrounds and back yards -- is an enjoyable summer pastime. Yet while barbecues provide a fun and casual dining experience, they also provide the ideal conditions for a costly mishap. Barbecue grills appear to be harmless, but misuse and carelessness result in thousands of terrible injuries each year.

While we are anxious to fire up the grill for the first cookout of summer, it's important to remember a few safety tips.

- ❖ Always cook in a well-ventilated area with good lighting.
- ❖ Keep your grill or fire-pit well away from tents, bushes and dry leaves.
- ❖ Keep the grill away from children's play areas and low-hanging tree branches.
- ❖ Be careful when using lighter fluid; don't add fluid to an already lit fire.
- ❖ Be sure to supervise children around outdoor grills.
- ❖ Before using a gas grill, check the connection between the propane tank and the fuel line.
- ❖ Barbecue only in open spaces, never inside a tent, garage, trailer or home. Deadly carbon monoxide can build up.
- ❖ Never leave a fire unattended. Be extra careful on windy days.
- ❖ Use proper methods to start the fire. Refer to the grill manufacturer's instructions located on the starter-fluid labels.
- ❖ Dispose of charcoal and embers properly. Drench embers with water and smother with dirt. Place coals in a proper can.

- ❖ Don't wear loose clothing that could easily catch fire. Roll up your sleeves, tuck in shirttails and make sure apron strings won't hang over the grill.
- ❖ Keep food to be cooked in the refrigerator until you're ready to start cooking.
- ❖ An instant-read thermometer is the best way to check meat doneness. Length of cooking time varies with the starting temperature of the meat, and wind and weather conditions.
- ❖ Never place cooked food on the same platter that held the raw food.



Warm up for Sports

There's hardly an athlete alive, "weekend", amateur, or professional that hasn't known the pain, disappointment, and frustration that can result from a fitness-related injury. While some accidents are beyond our control, following these guidelines for exercising safely can prevent the vast majority of fitness injuries.

Warm Up/Cool Down

The most important times for preventing fitness injuries occur while you're not even engaged in your activity! The periods before and after exercise are critical times for preventing unnecessary pain and injury. By "warming up" for 5 minutes prior to exercise with gentle activities like running in place, you can increase blood flow to inactive muscles, and gradually raise your heart rate to its target zone. Similarly, you can gradually lower your heart rate to its resting rate by simply walking for 5 minutes or so after exercise.

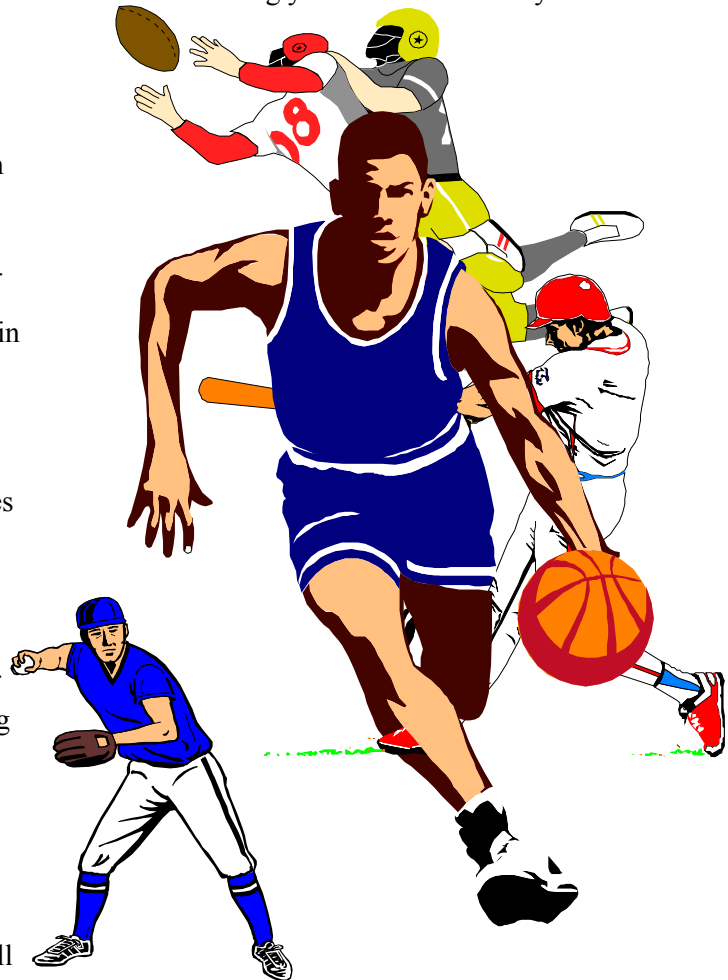
Stretch

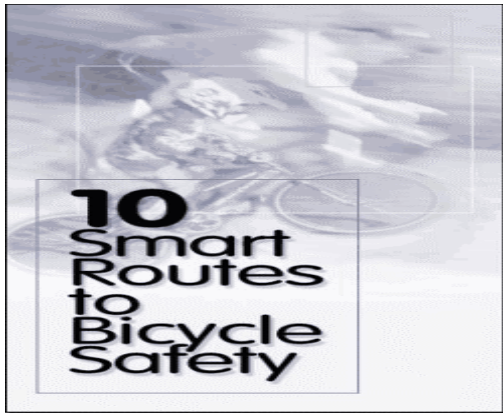
Gentle static stretching is actually a part of the warm up/cool down process. Stretching before exercise limbers tight muscles and improves joint flexibility thereby reducing your risk of sprains and tears. Concentrate on stretching those muscle groups used in your particular activity. For example, runners will want to concentrate on stretching out the legs, while swimmers will want to pay extra attention to upper body muscles. Static stretching for a few minutes after exercise is also recommended to prevent muscle soreness.

Use the Right Equipment

Improper equipment - worn exercise shoes, an ill-fitting bicycle, etc. - can cause more harm than is generally realized. Always check your equipment before and after your

activity and be sure to make replacements or repairs promptly. Your worn out running shoes may bring you "good luck," but they can also bring you an ankle or leg injury if they fail to support your foot properly. Even though cycling places less stress on bones and joints than other high-impact sports, an ill-fitting bicycle can lead to back and knee pain or injury. Whatever your activity, be sure that your equipment is in top condition before risking your health and safety.





1. Protect Your Head. Wear A Helmet.

Never ride a bicycle without a helmet. The National Highway Traffic Safety Administration (NHTSA) and the U.S. Consumer Product Safety Commission (CPSC) recommend that bicyclists wear a helmet that complies with the CPSC standard.

Bicycle helmets can reduce head injuries by 85 percent. Select a helmet that fits snugly and sits flat on the head.

For children, use the extra padding that comes with the helmet to ensure a proper fit. This padding can be removed as the child's head grows.

2. Assure Bicycle Readiness. Make Sure Your Bicycle is Adjusted Properly.

Make sure you can stand over the top tube of your bicycle. Adjust your bicycle to fit you (see Owner's Manual).

Before using your bicycle, check to make sure all parts are secure and working well. The handlebars should be firmly in place and turn easily. Your wheels must be straight and secure.

Add a carrier to the back of your bicycle if you need to carry things.

3. Stop It. Always Check Brakes Before Riding.

Always control your speed by using your brakes. If your bicycle has hand brakes, apply the rear brake slightly before the front brake. Always keep your brakes adjusted. If you cannot stop quickly, adjust your brakes.

Consult your Owner's Manual or have a bicycle shop adjust the brakes. When your hand brake levers are fully applied, they should not touch the handlebars. Each brake shoe pad should wear evenly and never be separated more than one eighth inch from the rim.

Ride slowly in wet weather and apply your brakes earlier – it takes more distance to stop.

4. See and Be Seen.

Wear clothes that make you more visible. Always wear neon, florescent, or other bright colors when riding a bicycle.

5. Avoid Biking At Night.

It is far more dangerous to bicycle at night than during the day. Most bicycles are equipped for daylight use and need to be adapted for nighttime use.

If you must ride at night, you should do the following:

- Ride with reflectors that meet CPSC's requirements. These should be permanently installed on bicycles for daytime use also. If a carrier is added, make sure the rear reflector remains visible.
- Add the brightest lights you can find to the front and rear of your bicycle.
- Wear retro-reflective clothing or material – not just white or florescent – especially on your ankles, wrists, back, and helmet.
- Only ride in areas familiar to you. Brightly lit streets are best. Always assume you are not seen by a driver.

Young children should NOT ride at night.

6. Stay Alert. Always Keep A Lookout for Obstacles in Your Path.

Stay alert at all times. Watch out for potholes, cracks, expansion joints, railroad tracks, wet leaves, drainage grates, or anything that could make you fall. Before going around any object, scan ahead, and behind you for a gap in traffic. Plan your move, signal your intentions, and then do what you planned. If you are unsure, or lack the skill to handle an especially rough area, pull off to the right side of the road and walk your bicycle around the rough area. Be especially careful in wet weather and when there could be ice or frost on your path.

- Cross all railroad tracks at a 90-degree angle and proceed slowly.
- Use special care on bridges.

7. Go With The Flow. The Safe Way is The RIGHT Way.

Ride on the right side in a straight predictable path. Always go single file in the same direction as other vehicles. Riding against traffic puts you where motorists don't expect you. They may not see you, and may pull across your path, or turn into you. Young children, typically under the age of nine, are not able to identify and adjust to many dangerous traffic situations, and therefore, should not be allowed to ride in the street unsupervised. Children who are permitted to ride in the street without supervision should have the necessary skills to safely follow the "rules of the road."

8. Check for Traffic. Always be Aware of The Traffic Around You.

Over 70 percent of car-bicycle crashes occur at driveways or other intersections. Before you enter any street or intersection, check for traffic. Always look left-right-left, and walk your bicycle into the street to begin your ride.

If already in the street, always look behind you for a break in traffic, then signal, before

going left or right. Watch for left or right turning traffic.

9. Learn Rules of The Road. Obey Traffic Laws.

Bicycles are considered vehicles. Bicyclists must obey the same rules as motorists. Read your State drivers' handbook, and learn and follow all the traffic signs, laws, and rules for operating a vehicle on the road.

Always signal your moves. Be courteous to pedestrians and other vehicle operators. Never wear headphones while riding as they impair your ability to hear traffic.

Become familiar with the accommodations that are available for bicyclists in your area. These include bicycle lanes and routes as well as off-road paths. Take advantage of these whenever possible.

10. Don't Flip Over Your Bicycle. Wheels Should Be Securely Fastened.

If your bicycle has quick release wheels, it is your responsibility to make sure they are firmly closed at all times and to use the safety retainer if there is one. Check your wheels before every ride, after any fall, or after transporting your bicycle. Read your Owner's Manual for instructions and follow them. If you are even slightly confused about what "firmly closed" means, talk to your bicycle dealer before you ride your bicycle.



Do-It-Yourself Safety Tips

Whether you are an experienced do-it-yourselfer or a novice learning to operate basic power tools, home improvement projects require special care and attention to safety.

The U.S. Consumer Product Safety Commission's National Electronic Injury Surveillance System (NEISS) estimates that more than four million injuries involving typical do-it-yourself projects are reported to hospital emergency rooms each year.

Taking the time to practice the following common sense and inexpensive safety precautions will help ensure that your home improvement projects are successful and safe.

Power Tools

Fact: Each year, power home tools are involved in as many as 110,000 emergency room visits. Over 65% of these injuries involved power home workshop saws.

Large or Small--D-I-Y Projects Should Begin with Safety

- Read the instruction manual before using a power tool or machine.
- Plug power tools into outlets protected with ground fault circuit interrupters (GFCI).
- Wear proper eye protection when using any power tool.
- Do not wear any loose or dangling clothing that could become caught in moving parts.

- When using power circular saws, set the blade depth only a quarter inch or so more than the thickness of the material being cut.
- Keep the base of the saw clean and occasionally apply a thin coat of paste or wax to ensure the saw glides smoothly.
- Support the material being cut properly so it will not pinch the blade causing it to kick back toward you.



Lawn and Garden

More than 200,000 visits to emergency rooms each year are related to yard and garden equipment, including chain saws, lawn mowers and hand garden tools.

- Keep children inside the house or well away from the area you are mowing.
- Prepare your lawn by walking over it, checking for broken sticks, stones, toys and anything else that could shoot out from under the mower or damage the blade.
- Before you start your lawn mower for the first time, check to make sure that all guards are in place.
- Store pesticides and herbicides on high shelves or inside locked cabinets, out of the reach of children.
- When using a chain saw, make certain it is equipped with an anti-kickback chain that is well sharpened.

Ladders

Each year, ladders and step stools are associated with more than 150,000 injuries.

- Choose the correct ladder for the job.
- Lean the top of the ladder against something solid and place the base on firm, level ground.

- Place the ladder at the proper angle (not too steep or too flat).
- Keep both hands on the rungs when climbing.
- Do not overreach while on the ladder, causing the ladder to tip and fall sideways.
- Do not step on the top two rungs of the ladder.



Hiking & Camping

The great outdoors naturally lures many of us to enjoy the scenic splendor of wonderful nature. Novices who venture out into the wilderness unprepared and on their own are headed for trouble early on. Before you take that summer trek into the woods, follow these tips to keep you on the safe path to hiking.

- Plan the hike from start to finish by using trail books, forest service, topographical maps, etc.
- Always tell someone where you're going and when you expect to return.
- Don't hike alone.
- Know how and where you can get help in an emergency.
- Don't overdo it. Know your limits and stick to them.
- Travel light and take only what you need.
- Wear comfortable, rugged shoes.
- Check the weather, and time hikes to get back before dark.
- Take an emergency survival kit with you. Your kit should contain at least: Matches, candles, extra food and clothing, first-aid kit, compass, map, flashlight, tent, pocketknife, whistle and a signaling device.

If you become lost:

- ➡ Remain calm and avoid panic.
- ➡ Don't proceed in another direction unless you are sure of where you are going.
- ➡ If you move, leave a note or mark the place with stones or sticks in-groups of three, which indicates "help."

- ➡ Show the direction of travel by making trail pointers out of stones, brush, or twigs.
- ➡ Attract attention with three distress signals. Three blasts of a whistle, three shouts, three flashes of light.
- ➡ Make a small fire out of green wood, which will produce a lot of smoke.
- ➡ Try to keep warm, sheltered, and supplied with water.
- ➡ Don't wonder around in the dark. Wait until morning to find your way.



Mountain Biking; Sharing the Trail

Trails (or paths) for non-motorized use have become very popular. A consequence of their success is congestion. Regardless of whether you are bicycling, walking, jogging, or skating, if you follow the same set of rules as everyone else, your trip will be safer and more enjoyable.

- ☞ **Be Courteous.** All trail users should be respectful of other users regardless of their mode, speed or level of skill.
- ☞ **Keep Right.** Stay as near to the right side of the trail as is safe, except when passing another user.
- ☞ **Be Predictable.** Travel in a consistent and predictable manner. Always look behind you before changing position on the trail.
- ☞ **Pass on the Left.** Pass others, going in your direction, on their left. Look ahead and back to make sure the lane is clear before you pull out. Pass with ample separation. Do not move back to the right until safely past. Faster traffic is responsible for yielding to slower and on-coming traffic.)
- ☞ **Give Audible Signal When Passing.** Give a Clear warning signal *before* passing. Signal may be produced by voice, bell or horn.
- ☞ **Don't Block the Trail.** When in a group, including your pets, use no more than half the trail, so as not to block the flow of other users.
- ☞ **Yield When Entering & Crossing Trails.** When entering or crossing a trail at uncontrolled points, yield to traffic on the trail.
- ☞ **Clean Up Litter.** Do not leave glass, paper, cans, or any other debris on or near a trail. If you drop something please remove it immediately.
- ☞ **Use Lights at Night.** When using a trail during the hours of darkness, ensure you

have a flashlight or some other source of light. Bicyclists should have a white light visible from the front, and a red or amber light visible from the rear.

Camping

☑ Camping offers a change of pace and the opportunity to experience outdoor living. Being prepared, choosing the proper equipment, and researching your campground destination can make your camping adventure safer and more enjoyable.

Safety Sense at the Campsite

- ☑ Before setting up the tent, look for ground that is flat and has good drainage.
- ☑ Clear tent ground of rocks and other debris before putting up the tent.
- ☑ Build the campfire downwind of your tent, at least 6 to 10 feet away.
- ☑ Clear the area of anything else that might catch fire, especially dry leaves and twigs.
- ☑ Watch over the fire at all times.
- ☑ Pack clothes for rain and sun, cold, and heat.
- ☑ Wear layers of clothes against the cold.
- ☑ If you are in an open area during a thunderstorm, sit or crouch down. Stay away from water and metal objects.



FIREWORKS

- Brought to you by Consumer Product Safety Commission and the National Safety Council on Fireworks Safety

To help you celebrate safely this Fourth of July, the Consumer Product Safety Commission and the National Council on Fireworks Safety offer the following safety tips:

- ✓ Always read and follow label directions.
- ✓ Have an adult present.
- ✓ Buy from reliable sellers.
- ✓ Use outdoors only.

Always have water handy (a garden hose and a bucket).

Never experiment or make your own fireworks.

Light only one firework at a time.

Never re-light a "dud" firework (wait 15 to 20 minutes and then soak it in a bucket of water).

Never give fireworks to small children.

If necessary, store fireworks in a cool dry place.

Dispose of fireworks properly by soaking them in water and then disposing of them in your trashcan.

Never throw or point fireworks at other people.

Never carry fireworks in your pocket.

Never shoot fireworks in metal or glass containers.

The shooter should always wear eye protection and never have any part of the body over the firework.

Stay away from illegal explosives.



PERSONAL LIGHTNING SAFETY TIPS

- Brought to you by the National Lightning Safety Institute

1. PLAN in advance your evacuation and safety measures. When you first see lightning or hear thunder, activate your emergency plan. Now is the time to go to a building or a vehicle. Lightning often precedes rain, so don't wait for the rain to begin before suspending activities.

2. IF OUTDOORS... Avoid water. Avoid the high ground. Avoid open spaces. Avoid all metal objects including electric wires, fences, machinery, motors, power tools, etc. Unsafe places include underneath canopies, small picnic or rain shelters, or near trees. Where possible, find shelter in a substantial building or in a fully enclosed metal vehicle such as a car, truck or a van with the windows completely shut. If lightning is striking nearby when you are outside, you should:

A. Crouch down. Put feet together. Place hands over ears to minimize hearing damage from thunder.

B. Avoid proximity (minimum of 15 ft.) to other people.

3. IF INDOORS... Avoid water. Stay away from doors and windows. Do not use the telephone. Take off headsets. Turn off, unplug, and stay away from

appliances, computers, power tools, & TV sets. Lightning may strike exterior electric and phone lines, inducing shocks to inside equipment.

4. SUSPEND ACTIVITIES for 30 minutes after the last observed lightning or thunder.

5. INJURED PERSONS do not carry an electrical charge and can be handled safely. Apply First Aid procedures to a lightning victim if you are qualified to do so. Call 911 or send for help immediately.

